

GriefPlan.com

with Dr. Jason Troyer



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see **GriefPlan.com** for more details about the program and free resources.

Grief Firsts & Grief Bursts

Grief Burst

- Sudden burst of grief that is triggered by an expected or unexpected reminder of your loved one; normal, but painful

Grief First

- Encountering a situation for the first time after your loss that forces you to recognize your loss; often creates a grief burst

Journaling Topics: Describe some of the grief bursts and grief firsts that you have already experienced. How have you handled these so far? Is there anything that makes them easier? Are there upcoming events or dates you are dreading?